

AWARD SPECIFICATION



Lifesaver Apprentice Gold

Minimum Age at Assessment:	11 years of age
Minimum Guided Learning Hours:	Not Applicable this is a progressive development award
Pre-Requisites:	A valid member of SLSGB
Validity:	Indefinite
Continuous Professional Development (CPD):	Not Applicable
Trained By:	Level 1 Coaches supervised directly by Level 2 Coaches Level 2 Coach
Assessed By:	Level 1 or 2 Coach (This can be coach assessed)
Assessment Fee:	£7
Units to be taken in order to achieve this Award:	Lifesaver Apprentice Gold Knowledge Lifesaver Apprentice Ocean Star Lifesaver Apprentice Gold

Award Aims:

This award exists to build the confidence of the participants giving them the knowledge and skills to become a competent lifesaver. Participants will be able to keep themselves and others safe in and around the ocean.

Award Learning outcomes:

Candidate must be able to demonstrate that they can perform the following criteria competently:

Knowledge	Performance
I know why it is important to keep myself hydrated	I have been able to advise family or friends of the dangers found at my local beach
I know what to do if I fell into cold water	I can check my nipper board for damage and report it to the right person at my club
I know the advice I would give to peers on the dangers of falling into cold water	I have helped my buddies prepare for the session
I know what to do if I get stung by a jellyfish	I can respond to my coach when they signal; return to shore, go left, go right
I know the different directions rip currents can flow	I can hold onto a board whilst I signal for help
I know what I have to do if I get caught in a rip and how to escape it	I can dolphin dive under a wave and grab hold of sand to help push off back to the surface
I know how to prepare lifesaving equipment ready for use	I can dive to the sea bed and grab some sand when I am out of my depth
I know what to do if any pieces of equipment are not suitable for use	I can dive under waves whilst swimming
I know how wind and sea conditions can influence where I enter the sea during a board paddle or sea swim	I am able to float on my back in surf for 3 minutes
I know what actions to take to prevent someone from getting caught in a rip	I can roll a nipper board under oncoming waves
I know how to call emergency services	I have attempted and practised knee paddling a nipper board
I know the importance of clear communication for a Lifeguard	I have been a leader during team beach and water games
I know why being polite and friendly is important for a Lifeguard	I have taken part in a selection of rescue scenario activities
I know what to do to protect myself if I was helping someone that is in trouble	I can help my buddy if they get into trouble in the water
I know what precautions I must follow to protect myself when doing first aid	I can complete a 500 metre board paddle-100 metre run-300 metre sea swim circuit
I know what DRABC means	I am able to watch a group of people in the water and describe what they are doing

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I know the most common illnesses and injuries that will require immediate help	I can attempt to perform CPR for two minutes
I know what to do if someone is choking	I am able to help someone who is choking
I know why I would use another competitors wash to help me during board races	I have attempted to use fins during sea swim activities
I know how to dive off blocks into a swimming pool	I can perform a secondary survey
I know what to do if I found a marine animal washed up on the beach	I am able to swim in surf with a rescue tube
	I am able to swim with fins and a rescue tube through surf and back to shore
	I have attempted to perform a tube rescue
	I have been the leader of a team during rescue scenario activities
	I have attempted to complete an ironman/iron woman style event

Assessment Process:

This award is assessed over a number of club sessions until the coach is competent that the candidates can achieve the above desired outcomes.

Typical format of delivery:

During club sessions

Supporting Information:

Guidance:	There is no timeframe in which this award needs to be achieved by
Resources Available:	Nipper Lifesaver Logbook Lifesaver Apprentice Gold Certificate Lifesaver Apprentice Gold Ocean Star Lapel Pin Badge Lifesaver Apprentice Gold Knowledge Certificate
MIS (Membership Information System):	This award must be registered on MIS and candidates enrolled prior to the assessment taking place
Online Learning Environment:	Not Applicable
Recognition of Prior Learning:	Not Applicable
Progression:	Graduate Lifeguard Programme